



Kessinger Diagnostic Centre

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HEALTH & WELLNESS PROGRAM FOR CARDIOVASCULAR CARE

This program is not a diet. Diets do not work. It is a “lifestyle modification plan”. There are no menus to follow, no calories to count; you need not weigh portions of food. Portions should be adjusted to suit individual demands. You can develop healthful eating habits for the rest of your life by choosing the following guidelines. All foods are categorized into three easy-to-remember groups: foods to eat liberally, foods to eat sparingly, and foods to avoid.

You can develop rational eating habits for the rest of your life by choosing foods according to the following guidelines.

Portions should be adjusted to suit appetite and individual needs. Both the underweight and the overweight, as well as those with special nutritional needs, find this plan gradually re-adjusts their metabolic balance, thereby eliminating food-related problems.

FOODS TO EAT LIBERALLY

Foods containing nutrients that enhance the body's defenses against disease should be your mainstay. The most nutritious protein foods, those containing all the essential amino acids in proper balance, are obtained largely from animal sources: meat, fish, fowl, eggs, and cheese. These should be eaten in moderation.

Many of the foods we are recommending you eat "liberally" -- eggs, fish, and meat (boiled, broiled, baked, or stewed) -- may be the very items you have been trying to avoid, for fear their cholesterol content will raise your cholesterol levels.

Eighty percent of the cholesterol in your blood is manufactured within the body. Only 20% of the cholesterol in your blood comes directly from preformed dietary cholesterol. The amount of cholesterol consumed in the diet is not a significant factor in the development of arteriosclerosis for the vast majority of people, since the human liver ordinarily synthesizes far more cholesterol than is obtained from food.

EGGS: Eat at least one egg each day if you are not allergic to them. Eggs will furnish more nutrients per calorie than any other single food. Eggs are particularly rich in lecithin, the very substance that several researchers have reported to be cholesterol controlling.

CHEESE: Use cheese in your diet provided there are no allergies. Cheese has been predigested by bacteria and is easier to assimilate than milk. Eat both hard and cottage cheese in its natural state. Do not eat cheese that has been altered to the point they can be scooped out of jars, sprayed out of cans, or squeezed out of tubes.

MEAT, SEAFOOD, AND POULTRY: These foods can be eaten at least once a day, but no more than 1 ½ pounds per week. Pork should be avoided due to its high fat content and because it contributes to the body's production of inflammatory prostaglandins. Give preference to lean meats and remove the skin from fowl. Organ meats such as liver, pancreas, kidney, tripe and brain are also excellent high protein foods.

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Greasy foods, fried foods and pork should be restricted. Before cooking beef or lamb, trim off as much fat as possible. Since it takes 5 to 6 hours to digest meat, its consumption at breakfast or lunch rather than dinner insures complete digestion and is one way of avoiding indigestion.

FRUIT AND FRUIT JUICE: When available, fresh fruit should be eaten twice daily, and away from concentrated foods such as meat or bread. Ideally, one serving should be from the citrus family. Raw is preferred over cooked and frozen over canned. Hypoglycemics and the overweight should avoid prunes, dates, raisins, and other dried fruits; those who are underweight can benefit from them.

Fresh squeezed juices are far superior to canned, and the fresher the better, (squeeze the juice, drink the juice, *then* clean the juicer). In this author's opinion, concentrated citrus juices should not be consumed regularly due to the oxidative process.

Fruit juices may serve as substitutes for undesirable beverages such as coffee, tea, hot chocolate, soft drinks, and alcoholic drinks.

VEGETABLES: Four or more servings of vegetables should be consumed daily. Fresh vegetables are preferable to frozen, and frozen favored over canned. Potatoes are satisfactory once a day. Whole potatoes, baked or broiled with the skin intact, provide maximum nutritional value.

One vegetable serving each day should be raw vegetable or vegetable salad. Tomatoes and broccoli should be included frequently in the category, since they are excellent sources of Vitamins C and A. Cabbage, asparagus, broccoli and cauliflower are reported to be the most nutritious vegetables from the garden. The dark green or yellow varieties are particularly rich in many valuable nutrients, such as iron, riboflavin and calcium.

When vegetables are to be cooked, cook until just tender, in as little water as possible to assure the most retention of vitamins and minerals. A good method is to bring the vegetables to a boil, then turn the heat off and allow to stand for 8-10 minutes. Stir fried vegetables prepared in a wok are delicious and retain much of their nutritional value.

Vegetable juice with no sugar added, may replace one of the cooked vegetables or may serve as a snack.

BREADS AND CEREALS: Eat four servings of whole-grain foods daily. Make your selection from: whole-grain breakfast cereals, wheat germ, brown rice, whole grain corn meal and 100% whole wheat bread that contain no sugar or preservatives. (Hypoglycemics need to restrict many of these foods. The overweight should eat skimpier portions -- they should not be eliminated from the diet. The underweight should eat them freely).

Whole grain cereals that require cooking, such as oatmeal and whole wheat cereals, are the most nutritious. You can make tasty "granola" that contains no sugar. You may enjoy making your own "healthy" bread.

Many people are affected by food sensitivities and allergies. Grains and yeast are usually suspect and those found guilty of causing symptoms should be eliminated. Cow's milk should always be high on the "suspect" list and one of the first foods tested. Most people find they enjoy their breakfast cereal substituting milk with unsweetened apple or grape juice.

NUTS AND SEEDS: These are valuable additions to your diet, and occasionally may be substituted for meat. They will also supply the essential fatty acids. Raw sunflower seeds, pumpkin seeds, almonds, walnuts, pistachio nuts, chestnuts, and cashews are allowed. If they are roasted they lose nutritional value. You should avoid the varieties to which salt has been added.

FOODS TO EAT SPARINGLY

The interpretation of "sparingly" depends upon a number of individual factors such as overweight, physical activity, cholesterol level, and hypoglycemia. The overweight, sedentary, or hypoglycemic person, for example may need to reduce the daily servings of some "liberal" foods ... fruit, fruit juice, bread, cereal, rice, potatoes, and corn.

FATS: Careful attention should be given to fat intake. When it comes to fats used as spreads on bread, potatoes, and for seasoning foods, a limited amount of butter is far superior to margarine or other hydrogenated (saturated) refined vegetable oil.

Hydrogenated fats and vegetable oils encourage a cholesterol problem and wash out your essential fatty acids and the oil soluble vitamins A, D, E, and K (it is important to preserve these nutrients because they provide protection from inflammation). Advertisers often hide these dangerous fats and oils behind innocent sounding names like animal fats, butter, cocoa butter, palm coconut, palm kernel oils, egg yolks, solids, vegetable shortening, hydrogenated or partially dehydrogenated oil and lard.

The great bulk of fats in your diet should come from their use in cooking oils, and salads. You should be careful to select those from *unrefined* oils such as olive oil, corn oil, cottonseed oil, sunflower oil or safflower oil.

Of these, olive oil, safflower oil, and sunflower seed oil are the better choices, since they contain the largest amount of *unsaturated* fatty acids. All of these oils, however, increase your need for the fat soluble vitamins, and especially E. You should make sure you are getting more than a token amount of this essential nutrient.

SALT: Nearly everyone would benefit from a reduction in salt intake; it is mandatory for those with high blood pressure or a tendency to retain fluid in their bodies.

Salt may be disguised by innocent sounding names such as monosodium glutamate (MSG), baking soda (sodium bicarbonate), sodium nitrate, sodium saccharin, Worcestershire sauce, soy sauce, and seasoned salt.

COFFEE AND TEA: Their nutritional value is negligible, so consume sparingly and only with meals. Do not sweeten them with sugar or artificial sweeteners. You may want to try a little honey or molasses if sweetener is necessary.

SWEETS: Contrary to what many believe, there is no such thing as a "healthy sugar". Brown sugar, raw sugar, confectioner's sugar, and all such products are not perceivably better from a nutritional viewpoint than white table sugar, although some are extravagantly priced. They are all essentially the same -- sucrose.

SUGAR: Advertisers often camouflage sugar as corn syrup, high fructose corn syrup, fructose, concentrated fruit juices, glucose, maltose, lactose, sucrose, and sugar alcohols such as sorbitol, mannitol, and xylitol.

Substituting honey for table sugar can also present problems, but does hold certain advantages. Since honey is twice as sweet as sugar, you are likely to use smaller quantities. Also the principal sweetening in honey is fructose, which does not need as much insulin to be metabolized as the sucrose found in other sugars and is therefore preferred. Substituting with molasses is also recommended.

FOODS TO AVOID

Obviously, foods that increase the likelihood of disease should be avoided: sugar, white flour, trans or hydrogenated fat, food preservatives such as the nitrates and nitrites, MSG, and many artificial flavoring and food agents.

While it may be virtually impossible to eliminate all these undesirable substances from your diet, it is possible to

greatly reduce their intake by substituting foods from the "liberal" section.

Of all the food to be avoided, sugar and saturated fat are the most harmful. They are a prominent factor in the development of overweight conditions and diabetes mellitus, cardiovascular diseases, hypoglycemia, dental caries and periodontal disease, kidney stones, urinary infections, intestinal cancer, diverticulosis, indigestion, hormone disorders, and mental illness.

SUGAR: Much harmful sugar is consumed unknowingly. Check labels carefully on the products you buy. Select unsweetened varieties when you have a choice. Refrain from using table sugar and from adding it to home-cooked foods.

WHITE FLOUR: Restrict your intake, as much as possible, of baked goods made from white flour: saltine and other crackers, rolls, buns, noodles, macaroni, spaghetti, and sweetened baked goods. Don't let the label "enriched flour" fool you. Remember, of the twenty-odd different natural vitamins, minerals and amino acids removed during the transformation of wheat into white flour, only five are put back, and they are artificial.

COW'S MILK: Cow's milk is a common allergen responsible for many symptoms. We customarily ask our patients to avoid as much of this product as possible. Milk is implicated in many auto-immune disorders such as arthritis, chronic fatigue syndrome, multiple sclerosis, asthma, and type 1 diabetes mellitus. Milk has been reported to be responsible for 80% of all otitis media in children.

HYDROGENATED FATS: Hydrogenated (hardened or saturated) vegetable oils such as oleomargarine, peanut butter containing hydrogenated oil, solid cooking fat made from vegetable oil, and coffee whiteners should be eliminated, as much as possible from your diet.

SODIUM NITRATE AND NITRITE: These additives are used to cure, color, preserve, and flavor many meat products. They are frequently found in ham, bacon, sausage, canned and prepared lunch meats, corned beef, salamis, bologna, most frankfurters, and smoked fish.

ARTIFICIAL COLORS AND FLAVORS: Some food manufactures, since they are not required to state the presence of artificial colors or flavors on their products, have package labels which are void of such information. Where possible, it is best to avoid these foods, which more often than not contain such additives: most brands of ice cream, other frozen desserts, dessert and cake mixes, bakery products, oleomargarine, many breakfast cereals, gelatin desserts, candies, chewing gum, jam or jelly, luncheon meats, frankfurters, children's drinks, canned fruit-juice punches and drinks. Many processed cheeses and cheese products, as well as colorful coated pills (including some vitamin products) also contain harmful additives and should be avoided as much as possible.

Label reading will help to this extent: products free from artificial additives generally proclaim their "innocence" on the package. Try to limit your food purchases to those items whose labels boast of all natural ingredients.

One cardinal rule sums up what you need to know:

AVOID, AS MUCH AS POSSIBLE, THOSE FOODS THAT HAVE BEEN REFINED OR PROCESSED AND THAT CONTAIN FOOD ADDITIVES AND CHEMICAL POLLUTANTS.

THE LESS DOCTORED FOODS YOU CONSUME, THE LESS LIKELY YOU'LL NEED DOCTORING YOURSELF.